

# SUE LINCOLN SCHOOL OF HOLISTIC THERAPIES

## REFLEXOLOGY DIPLOM SYLLABUS

Integrated medicine  
Holistic approach to healthcare  
The relationship between orthodox and complementary medicine  
The House of Lords Select Committee report and recommendations.  
What is Reflexology?  
How does it work?  
Equipment and preparation  
What Reflexology does and does not do  
The History of Reflexology  
The Zones of the Feet and Body  
Mapping the Feet –Anatomy of the feet  
How to set up the work area/Hygiene rules  
The Zones and their Relationship to the Organs and Functions of the body  
Effects of Reflexology – what a person may experience during and after a treatment  
Reactions to Reflexology  
Do's and don'ts of Reflexology  
Foot holding techniques  
Thumb and finger movements  
Relaxation Techniques  
The Holistic Approach – treating the whole person  
Professional Ethics  
Reading the Feet  
Skin Disorders and Diseases  
Stress – How the body is affected by stress  
Confidentiality  
Evaluating a Treatment  
Duration and Frequency of Treatment  
Treating Specific Areas  
The Importance of not diagnosing  
Holism and Energy  
Cross Reflexes  
Symptomatic Reflexes  
Systematic Reflexes  
Causal Reflexes  
Assessing Imbalances  
A look at Hand Reflexology  
Foot Analysis  
Disorders of the Feet  
Treatment Plans

### Clinical Practice

The student will be able to:

- Prepare the treatment area
- Identify key points in the compilation of a consultation sheet
- Complete consultation sheet accurately

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- Demonstrate procedures required in order to perform a client consultation and assessment for treatment
- Carry out an effective consultation to demonstrate the following:
  1. Empathetic listening skills
  2. Appropriate use of open and closed questions
  3. Analysis of body language
  4. Offer suggestions regarding diet and lifestyle
  5. Session closing skills
  6. Monitoring of on-going progress
  
- Perform a range of diagnostic tests to include:
  1. Postural and skin analysis
  2. Facia mobility
  3. Fluid retention
  
- Identify clinical contraindications which require the avoidance of specific products or treatment methods
- Demonstrate an effective approach to treatment providing appropriate and safe treatments
- Devise a treatment plan to meet individual client needs
- Give advice on aftercare and make recommendations for home care
- Identify potential situations and conditions which require client referral to medical and non-medically trained healthcare professionals
- Discuss the importance of recognising ones own limitations as a therapist
- Explain the use of reflexology for special client groups and situations:
  1. Pregnancy
  2. Baby and child care
  3. Stress related conditions: nervous tension, anxiety, depression
  4. The elderly
  5. Cancer care
  6. People with physical and learning difficulties
  
- Describe the mental and emotional benefits of Reflexology
- Describe the placebo effects and mind-body connection

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## Professional Practice and Management

The student will be able to:

- Ethical Management of a professional practice
- Describe the maintenance of up to date and secure client records
- Explain confidentiality
- Explain time management
- Describe safety in the clinic
- Explain boundaries of the therapeutic relationship
- Liase with other healthcare professionals
- Work within an orthodox healthcare setting

The student will be able to explain briefly the following bodies

- The Prince of Wales Foundation for Integrated Health
- The Reflexology Forum
- The British Complementary Medicine Association
- Research Council for Complementary Medicine.

The student will be able to describe

- A sole trader
- A partnership
- A limited company

The student will be able to identify the issues for Reflexologists in connection with the following:

- Curriculum vitae
- Scope of practice
- Insurance: professional indemnity/public/product liability
- Advertising and marketing
- Financial management and accountability: accounts, taxation, data protection, NI contributions, pensions
- Development of practice

The student will be able to explain the implications of legal requirements for good practice:

- Health, hygiene and safety at work Act
- COSHH
- RIDDOR
- Local authority by-laws

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- Data protection Act
- Consumer protection Act
- Trades Descriptions Act
- Inland Revenue
- Public Performance License (in terms of playing music for clients)

## Professional Self-Development

The student will develop an understanding of the key elements of continuing professional development and research.

The student will be able to:

- Identify the advantages of personal self-development
- Explain the requirements for continuing professional development
- Explain the necessity of keeping up to date with changes in the profession
- Explain the advantages of participation in local support groups
- Develop an understanding of Reflexology research in terms of :
  1. Research methodologies
  2. Ethics of conducting research
  3. Conducting literature searches
  4. Accessing scientific data
- Read and critically analyse research papers
- Identify strategies for maintaining practitioner health and well-being
- Develop an awareness of other complementary therapies

## Practical Skills

The student will be able to:

- Greet a new client, conduct an appropriate consultation
- Discuss treatment, explain the main features and reasons for the treatment chosen with the client
- Carry out an appropriate treatment
- Carry out any other treatment which would be applicable in that situation
- Provide suitable after care, advice and home treatments

Research into over 100 common conditions most likely to be encountered in the normal day-to-day working i.e. head lice, athlete's foot, herpes simplex, frozen shoulder, headaches, constipation, a burn, sinusitis, sciatica, endometriosis etc.

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The student will be expected to undertake 100 hours of case and complete an extensive portfolio, which includes sections on Business Practice, Anatomy and Physiology, Hygiene, Legislation, Other Complementary Therapies, Nutrition, Orthodox Specialists, Hypothetical Scenarios, First Aid, Conditions Related, Treatment Related, Health and Safety and Communication Skills.

Students will need to either hold or work towards a recognised Anatomy and Physiology qualification and produce a current First Aid Certificate, which will need to be updated every three years.